

## ITS MERIT IS PROVED

### RECORD OF A GREAT MEDICINE

A Prominent Cincinnati Woman Tells How Lydia E. Pinkham's Vegetable Compound Completely Cured Her.

The great good Lydia E. Pinkham's Vegetable Compound is doing among the women of America is attracting the attention of many of our leading scientists, and thinking people generally.



Mrs. Sara Wilson

The following letter is only one of many thousands which are on file in the Pinkham office, and go to prove beyond question that Lydia E. Pinkham's Vegetable Compound must be a remedy of great merit, otherwise it could not produce such marvelous results among sick and ailing women.

Dear Mrs. Pinkham:—  
"About nine months ago I was a great sufferer with womb trouble, which caused me severe pain, extreme nervousness and frequent headaches, from which the doctor failed to relieve me. I tried Lydia E. Pinkham's Vegetable Compound, and within a short time felt better, and after taking five bottles of it I was entirely cured. I therefore heartily recommend your Compound as a splendid uterine tonic. It makes the monthly periods regular and without pain; and what a blessing it is to find such a remedy after so many doctors fail to help you. I am pleased to recommend it to all suffering women."—Mrs. Sara Wilson, 31 East 3d Street, Cincinnati, Ohio.

If you have suppressed or painful menstruation, weakness of the stomach, indigestion, bloating, leucorrhoea, flooding, nervous prostration, dizziness, faintness, "don't-care" and "want-to-be-left-alone" feeling, excitability, backache or the blues, these are sure indications of female weakness, some derangement of the uterus or ovarian trouble. In such cases there is one tried and true remedy—Lydia E. Pinkham's Vegetable Compound.

## SMALL TOWN IS BEST.

Views of the Advocates of More Nature and Less High Pressure Life.  
It is our belief, says Field & Stream, that in America we have too many cities which are too large and a country which is too meagerly populated. We prophesy a coming disintegration of massed populations, and their distribution in a more sane and industrially more desirable fashion.

The small town is next to the country. It is a better environment for the young man than is the great metropolis toward which so many turn their eyes. Trolley cars, rural deliveries, trade catalogues and mail-order periodicals have done very much to change the isolation which formerly went with life in the country. It is improving, and with it improves the condition of life in the small town.

Heretofore our young men have left the country for the city. Some of them were obliged to get there to succeed in their chosen line of work. For the young man who has a business career in view there is possible as good a success in a small city as he may hope for in a great one. If he has not much money capital, his personality, his character will more readily atone for that in a small town. This is especially true of the professional man. Indeed, any man of intelligence may hope for greater preferment in the small centers of population than in the large.

As to social life and the general decency and comfort of passing through this vale of tears as conditions exist even today—and they will be far better ten years from now—a self-respecting family has ten times better chance in a town of 10,000 to 50,000 inhabitants almost anywhere in America, than it can by any possibility hope to have in a city of the first class. The small town is a better environment in many ways. Not the least of its desirable qualities is the fact that it is closer to the outdoors.

### FILLING THE BREACH.

Miss Smythe (organizing a subscription dance)—I'm in despair about our dance, Mr. Brown. So many people have failed me. You'll come, won't you?"

Mr. Brown—Really, Miss Smythe, I'm not a dancing man. I don't dance at all!

Miss S.—Oh, that won't matter in the least. You'd help to fill up, you know!

Mr. B.—Ah—yes—with pleasure. I will look in about supper time.—London Punch.

### NOT MUCH TO IT.

"No," said the doctor, "I can't make anything out of his case at all! It bothers me."

"Why," replied his wife, "I thought it was only a simple cold."

"Exactly. That's why I can't make anything out of it."

### IN THE FRUIT BELT.

Visiting Swell—Introduce me to some of your society buds, will you?  
Native (of St. Joe)—We have 'nt any. They are all peaches over here.—Chicago Tribune.

### THE SIMPLE LIFE

Ways That Are Pleasant and Paths That Are Peace.

It is the simple life that gives length of days, serenity of mind and body and tranquility of soul.

Simple hopes and ambitions, bounded by the desire to do good to one's neighbors, simple pleasures, habits, food and drink.

Men die long before their time because they try to crowd too much into their experiences—they climb too high and fall too hard. A wise woman writes of the good that a simple diet has done her:

"I have been using Grape-Nuts for about six months. I began rather sparingly, until I acquired such a liking for it that for the last three months I have depended upon it almost entirely for my diet, eating nothing else whatever but Grape-Nuts for breakfast and supper, and I believe I could eat it for dinner with fruit and be satisfied without other food, and feel much better and have more strength to do my housework."

"When I began the use of Grape-Nuts I was thin and weak, my muscles were so soft that I was not able to do any work. I weighed only 108 pounds. Nothing that I ate did me any good. I was going down hill rapidly, was nervous and miserable, with no ambition for anything. My condition improved rapidly after I began to eat Grape-Nuts food. It made me feel like a new woman; my muscles got solid, my figure rounded out, my weight increased to 126 pounds in a few weeks, my nerves grew steady and my mind better and clearer. My friends tell me they haven't seen me look so well for years."

"I consider Grape-Nuts the best food on the market, and shall never go back to meats and white bread again." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Look in each pkg. for the little book, "The Road to Wellville."

## PE-RU-NA CONQUERS CATARRH THE WORLD OVER.



The Population of the Earth is 1,400,000,000. One Million Die Annually of Catarrh.

ALL over the world Peruna is known and used for catarrhal diseases. The Peruna Girl has traveled 'round the globe. Her face is familiar everywhere that civilization reaches.

Universally Praised.

From Africa to Greenland, from Manchuria to Patagonia, the face of the Peruna girl is familiar and the praises of Peruna as a catarrh remedy are heard.

Successful in North and South.

Peruna crossed the Equator several years ago, to find in the Southern Hemisphere the same triumphant success that has marked its career in the Northern Hemisphere.

A Standard.

Peruna is a standard catarrh remedy the world over.

It cures catarrh by eradicating it from the system.

Permanent Cure.

It obviates the necessity of all local treatment and its relief is of permanent character.

Without a Peer.

No other remedy has so completely dominated the whole earth as Peruna.

In Every Tongue.

In all languages its glowing testimonials are written.

In all climes the demands for Peruna increase.

Switzerland's income from tourists is said to be about \$25,000,000.

Fiso's Cure is the best medicine we ever used for all affections of throat and lungs.—Wm. O. ENDSLEY, Vanburen, Ind., Feb. 10, 1900.

Durable brick, formed of chipped granite and clay, is a recent Scottish invention.

To Cure a Cold in One Day

Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. E. W. Grove's signature is on box. 25c.

Most Japanese officers and many of the men can speak Russian.

Sarah Bernhardt is to make a South African tour next May.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never Fails. Sold by all druggists, \$1. Mail orders promptly filled by Dr. E. Detchon, Crawfordsville, Ind.

A locomotive consumes forty-five gallons of water for every mile it runs.

Taylor's Cherokee Remedy of Sweet Gum and Mullen is Nature's great remedy—Cures Coughs, Colds, Croup and Consumption, and all throat and lung troubles. At druggists, 25c., 50c. and \$1.00 per bottle.

Cuba's immigration last year was 20,000. Three-fourths were Spaniards.

### An Extensive Laboratory.

To supply this remedy to the whole world taxes to the utmost one of the best laboratories in the United States.

### A Word From Australia.

Walter H. Woodward, Bomadier Royal Australian Artillery, Hobart, Tasmania, writes:

"I suffered for several years with a distressing condition of the head and throat, caused by continual colds."

"My head and nostrils were stopped up most of the time and there was a discharge, and my sense of smell was affected badly."

"After two weeks' use of Peruna I found this condition quite changed, and so I continued to use this remarkable medicine for over a month."

"I am very glad to say that at the end of that time I was cured and felt in fine health generally, and am pleased to give Peruna my honest endorsement."

### From Hawaii.

Prince Jonah Kalaniana'ole, delegate in Congress from Hawaii, writes from Washington, D. C., as follows:

"I can cheerfully recommend your Peruna as a very effective remedy for coughs, colds and catarrhal troubles."

### A Cuban Minister.

Senor Quesada, Cuban Minister to the United States, writes from Washington, D. C., as follows:

"Peruna I can recommend as a very good medicine. It is an excellent strengthening tonic, and is also an efficacious cure for the almost universal complaint of catarrh."—Gonzalo De Quesada.

### From All Quarters of the Globe.

We have on file thousands of testimonials like those given above. We can give our readers only a slight glimpse of the vast number of grateful letters Dr. Hartman is constantly receiving from all quarters of the globe in behalf of his famous catarrh remedy, Peruna.

LAFFETTE STOCK FARM, J. CROUCH & SON, PROP'S.



LARGEST IMPORTERS IN AMERICA OF THE Great German Coach-Stallions

The Best Horse to Cross on Small Southern Mares. EVERY COLT A HIGH CLASS ONE.

The Coming horse for the South. Our last importation of 108 Stallions arrived Feb. 20th. All Stallions guaranteed; liberal terms made. Catalogue on application. If your country needs a stallion write to J. CROUCH & SON, Nashville, Tenn.

The most fashionable part of Switzerland, the Engadine, is to have a mountain railway.

### A Guaranteed Cure For Piles.

Itching, Blind, Bleeding or Protruding Piles. Druggists will refund money if Pazo Ointment fails to cure in 6 to 14 days. 50c.

The Siamese capital is the terminus of four lines of railway.

Mrs. Winslow's Soothing Syrup for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c. a bottle.

The entertainment of royalty costs British society \$10,000,000 annually.

(At 12/05)

ATLANTA. Commercial Colleges 150 words per minute in Byrne Shorthand in seven to twelve weeks. Bookkeeping without theory. Write for catalog B. S., Atlanta, Ga.

Bryant's Shorthand Business, Shorthand and Telegraphy College, Louisville, Ky., open the whole year. Students can enter any time. Catalog free.

A NEW CARD TRICK. Five cards held at the tips of fingers instantly disappear and reappear. Full instructions sent by mail for \$1. Address, J. H. Vanderhaven, Tavares, Fla.

If afflicted with weak eyes, use Thompson's Eye Water

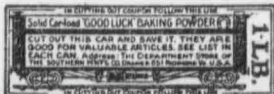


## Count It Up

You'll be surprised how cheaply, how quickly, how easily you can earn valuable premiums by saving the freight car coupons on Good Luck Baking Powder can labels. Get a can to-day and look over the little Premium Booklet you find inside. It tells all about the most liberal premium system in the world—describes and pictures every one of the 56 high-class, valuable articles we offer. Good Luck coupons are worth dollars and cents to you—save them! See the cut below.

## GOOD LUCK Baking Powder

has revolutionized baking. It is the baking powder of positive purity, of absolute certainty. Healthful, wholesome baking of snowy white, of feathery lightness, of delicious flavor invariably follows its use. On account of its superior leavening power it is ideal for quick baking. It costs you but 10 cents a pound—and it goes farther in quantity than any other. The excellence of Good Luck is shown in the fact that 16,145,114 pounds have been sold during the present year. Insist upon getting Good Luck. If your grocer hasn't it, send us his name and we'll see that you are supplied at once.



This is the coupon on every can.

THE SOUTHERN MFG. CO., Richmond, Va.



ECONOMY.  
"Oh! Henry, I've just thought of one way we can economize this year."  
"For goodness sake, let's have it."  
"If you buy me one of those Persian lamb coats they're advertised it will keep me so warm I'll save over so much in hot chocolate and things."—Brooklyn Life.

COMFORTING.  
Church—I had to walk the floor all night with the baby. Can you think of anything worse than that?  
Gotham—Yes; you might have married out in Greenland, where the nights are six months long.—Yonkers Statesman.

Berlin has counted up her suburbs and graveyards and found that she has a population well over 2,000,000. This should start another "Million Club" in Chicago.